

Recreation Guide Pull-Out

January—March 2016



CulpeperRecreation



**Registration
Opens Online
January 8!**



Winter Schedule

ARTS & CRAFTS



ART JAM: DRAWING FOR ADULTS

Ages 13yrs-Adult, 4wks

Have you always wanted to draw but felt lost about where to start? Or have you been away from art for a long time and your skills are a little rusty? This class for adults is geared towards beginners and those who are looking to dust off their drawing pencils. If you can legibly write your name, you can draw! Kelly Rozwadowski will guide students through drawing exercises and tailor the class to be appropriate for each student's interests and abilities. The class includes sketchbook assignments and group critiques. All supplies will be provided, and each student will receive a sketchbook and pencils to keep.

Instructor: Kelly Rozwadowski

K Art & Design, 121 W. Locust St, Suite 105

Register By: 1/26 #1610.0025

Sa 1/30-2/20 2:30p-4:00p \$65



ART JAM: PAINTING FOR ADULTS

Ages 13yrs-Adult, 4wks

This beginner's painting class will focus on fun and the exploration of color. Learn about the unique properties of different types of paint (watercolor and acrylic) and surfaces (papers and canvas) while incorporating some art history for inspiration. Class projects will be driven by the interests of the students. All supplies will be provided, and students will receive a set of watercolors that is theirs to keep. **No class 3/12**

Instructor: Kelly Rozwadowski

K Art & Design, 121 W. Locust St, Suite 105

Register By: 2/23 #1610.0026

Sa 2/27-3/26 2:30p-4:00p \$65

MACHINE QUILTING

Ages 18-adult, 5wks

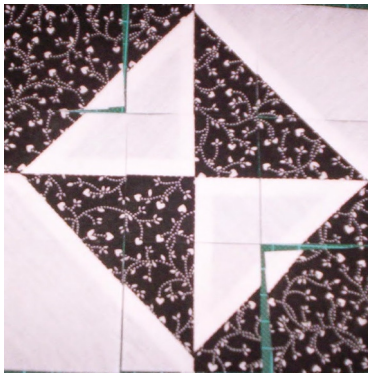
Come join long time quilter, Joyce Calhoun as she walks you through making the *Disappearing Hourglass Quilt*. This is a good pattern for those who want to expand their quilting skills. Must have your own sewing machine (and know how to use it), and the supply list is available online or in the P&R office. **No class 2/3**

Instructor: Joyce Calhoun

4H Extension Office, 101 S. West St.

Register By: 1/21 #1610.0027

W 1/27-3/2 11:00a-1:00p \$45



Disappearing Hour Glass Block

ART JAM: ZENTANGLE

Ages 6-adult, 4wks

Let's Doodle! See page 18 for activity details.

ART JAM: LET'S DRAW

Ages 6-12, 4wks

Learn to draw what you see and what's in your imagination! This class will focus on fun and creative expression with new projects every session to challenge returning students. Miss Kelly, professional artist, will guide students through drawing exercises and tailor the class to be appropriate for each child's age, interests, and abilities. The class includes sketchbook assignments and group critiques. All supplies will be provided, and each student will receive a sketchbook and pencils to keep.

Instructor: Kelly Rozwadowski

K Art & Design, 121 W. Locust St, Suite 105

Register By: 1/26 #1610.0028

Sa 1/30-2/20 12:30p-2:00p \$65

ART JAM: EXPLORE PAINTING

Ages 6-12yrs, 4wks

This beginner's painting class will explore color and a variety of materials. Miss Kelly will teach students about the color wheel and the unique properties of different types of paint, including watercolor and tempera. We'll also look at the work of famous artists and style for inspiration. The class will be tailored for each child's age, interests, and abilities. All supplies will be provided, and students will receive a set of watercolors that is theirs to keep. **No class 3/12**

Instructor: Kelly Rozwadowski

K Art & Design, 121 W. Locust St, Suite 105

Register By: 2/23 #1610.0029

Sa 2/27-3/26 12:30p-2:00p \$65



[CulpeperRecreation](#)

Registration is EASY!!!

see page 25 - 26



Winter Schedule

HomeSchool Arts & Crafts

ART JAM: PAINTING ACADEMY

Ages 6-16, 8wks
At a time designed for **homeschooled** students, this painting class will explore color and a variety of materials. Students will learn about the color wheel and the unique properties of different types of paint, including watercolor, tempera, and acrylic. We'll also look at the work of famous artists and their styles for inspiration. The class will be tailored for each child's age, interests, and abilities. All supplies will be provided, and students will receive a set of watercolor paints that is theirs to keep. Sibling discount \$5.00.
Instructor: Kelly Rozwadowski
K Art & Design, 121 W. Locust St, Suite 105
Register By: 1/28
W 2/3-3/23 \$67
Ages 6-8yrs 9:00a-10:00a #1610.0030
Ages 9-16 10:30a-11:30a #1610.0031

ART JAM: 3D ACADEMY

Ages 6-16yrs, 8wks
At a time designed for **homeschooled** students, this class will provide an opportunity to play with a wide variety of materials while creating three-dimensional art in the form of sculpture and functional objects. Students will learn about different types of clay, as well as papier maché and plaster. The class will be tailored for each child's age, interests, and abilities. All supplies will be provided. Sibling discount \$5.00.
Instructor: Kelly Rozwadowski
K Art & Design Studio, 121 W. Locust St, Suite 105
Register By: 3/31
W 4/6-5/25 \$75
Ages 6-8yrs 9:00a-10:00a #1610.0032
Ages 9-16 10:30a-11:30a #1610.0033

DANCE

See Pre-school section

Check back in the Spring for Swing Dance!

HEALTH & FITNESS

ZUMBA

Ages 13-Adult, 4wks
Zumba combines international rhythms and interval training for a high-energy, big-fun workout! The best part – no mirrors are used! This is a great class for Women or Men who want to have a fun workout. Taught by a licensed Zumba instructor, this multi-level class will include high and low impact options. Please wear sneakers and bring a bottle of water and a towel.
***No Class: Monday 3/14.**
Instructor: Kelly Rozwadowski
Community Room, 303 N. Main
M 6:15p-7:15p \$35
12/21-1/11 *Register By:* 12/15 #4512.0053
1/25-2/15 *Register By:* 1/19 #1512.0071
2/22-3/21* *Register By:* 1/16 #1512.0072
4/4-4/25 *Register By:* 3/29 #1512.0073
W 6:15p-7:15p \$35
1/6-1/27 *Register By:* 12/30 #4512.0056
2/3-2/24 *Register By:* 1/28 #1512.0074
3/2-3/23 *Register By:* 2/25 #1512.0075
4/6-4/27 *Register By:* 3/31 #1512.0076

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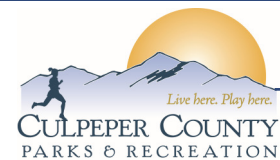
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www.CulpeperRecreation.com

155 West Davis Street, Suite 100
Culpeper, Virginia 22701
P: (540) 727-3412 F: (540) 727-2802





Winter Schedule



HOT HULA FITNESS®

Ages 13-Adult, 4wks

Get fit and celebrate summer with a fun Polynesian-inspired workout for all fitness levels. **HOT HULA fitness®** isolates your larger muscle groups, increasing strength and definition to your core with specific emphasis on the abs, glutes, quads and arms. Inspired by the dances of the Pacific Islands, **HOT HULA fitness®** incorporates easy to perform dance movements set to the sounds of traditional Polynesian drum beats fused with funky Reggae music, resulting in a modern, hip fitness workout. (please note this is hula as in Hawaii, not hula hoops)

Instructor: Kelly Rozwadowski
Community Room, 301 N. Main

Tu 6:15p-7:15p \$35

1/26-2/16 *Register By:* 1/20 #1512.0077

2/23-3/15 *Register By:* 2/17 #1512.0078

TAI CHI

Ages 16-Adult, 4wks

Tai Chi is a gentle, flowing, meditative-style of exercise that produces greater energy and ease for the body, mind and spirit. This wonderful, healthy exercise is appropriate for both men and women. The most important principal of Tai Chi is to relax. Who doesn't need to relax?

All levels of ability are welcome; from the person who has never taken a Tai Chi class to the 20-year veteran.

Please wear comfortable clothes that you can move in. **No Class 3/30**

Instructor: Remi Godlewski

Community Room, 303 N. Main

W 2:30p-3:30p \$35

3/9-4/6 *Register By:* 3/3 #1512.0079

4/20-5/11 *Register By:* 4/14 #1512.0080

5/25-6/15 *Register By:* 5/19 #1512.0081



MAT PILATES

Ages 13-adults, 4wks

Sculpt, rehabilitate and balance the muscles of the body in Mat Pilates. Pilates focuses on core (stomach muscles), breath, and precision as well as sequence of movement to help you achieve maximum function, muscle balance and body tone. This energetic class is great for all skill and fitness levels—from those who have never heard of Pilates to the SUPER fit. The class will use bands, small weights and stability balls for some fun variety and great results! Bring a water bottle, towel and mat.

***No Classes: Mon. 2/15;**

Instructor: Natalie Ingram

Golden Harmony Fitness, 130 W. Culpeper St.
(above The Bike Stop)

M 5:45p-6:45p \$35

2/8-3/7* *Register By:* 2/2 #1512.0082

3/21-4/11 *Register By:* 3/15 #1512.0083

Tu 9:15a-10:15a \$35

2/9-3/1 *Register By:* 2/3 #1512.0084

3/8-3/29 *Register By:* 3/2 #1512.0085

W 5:45p-6:45p \$35

2/10-3/2 *Register By:* 2/4 #1512.0086

3/9-3/30 *Register By:* 3/3 #1512.0087

Th 9:15a-10:15a \$35

2/11-3/3 *Register By:* 2/5 #1512.0088

3/10-3/31 *Register By:* 3/4 #1512.0089

LEISURE LEARNING

ART JAM: ZENTANGLE

Ages 6-adult, 4wks

Are you looking for a way to relax? Reduce your stress? Do you like to doodle – not draw pictures but just doodle? Then this is perfect for you! Zentangle is a wonderful tool to reduce stress, improve coordination, and connect with creativity. What is Zentangle? It is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. Kelly Rozwadowski, Certified Zentangle Teacher (CZT), will introduce the basics and guide you through the process. No experience required, but even seasoned tangles will learn something new. No drawing experience is required, if you can use a Pen - you can Zen...tangle! All supplies will be provided.

Instructor: Kelly Rozwadowski, C.Z.T.

K Art & Design, 121 W. Locust St, Suite 105

Th 6:00p-7:30p \$65

1/28-2/18 *Register By:* 1/22 #1613.0023

2/25-3/17 *Register By:* 2/19 #1613.0024



A zentangle by Kelly Rozwadowski, C.Z.T.

Registration is EASY!!!

see page 25 - 26

Winter Schedule



SQUARE FOOT GARDENING 101

Ages 10-adult, 1day

Tired of Winter? Ready to get your hands in the dirt? Then come out and learn this simple, unique and versatile system of gardening. Square Foot Gardening (SFG) adapts to all levels of experience, physical ability, and geographical location. Grow all you want and need in only 20% of the space of a conventional row garden. This organic, intensive and proven method makes gardening easy, enjoyable and better for the environment. This class will have you ready to plant at the first sign of Spring! This is a lecture-based class that will demonstrate how to build & plant your SFG.

Participants 10-15 must be accompanied by a registered adult.

Instructor: Green Garden Systems, LLC

Lenn Park Pavilion, 18063 Stevensburg Road

M 5:30p-6:30p \$25

2/1 *Register By:* 1/26 #1613.0025

3/14 *Register By:* 3/8 #1613.0026

HYDROPONICS 101

Ages 10-adult, 1day

Tired of Winter and need some green indoors? Come explore a gardening technique that requires no soil and was practiced by the ancient Babylonians and Aztecs. Learn what it takes to become proficient in home hydroponics (the science of growing plants in water without soil). See the different hydroponic systems available for the home. You too can grow tasty, nutritious vegetables year round without the weeding, raking, hoeing or pesticides. **Participants 10-15 must be accompanied by a registered adult.**

Instructor: Green Garden Systems, LLC

Lenn Park Pavilion, 18063 Stevensburg Road

M 7:30p-8:30p \$29

2/1 *Register By:* 1/26 #1613.0027

3/14 *Register By:* 3/8 #1613.0028

ENDLESS PASTA

Ages 14-adult, 1day

Did you know making Pasta at home is not only fast but super easy? Did you receive a pasta machine as a gift and are unsure how to use? Let Hobby Hill Farm Fresh show you how easy it is to make 3 fresh pasta dishes at home with ease. This is a great class to take before investing in expensive equipment. Be sure to bring a few small containers to take home the pasta that you make.

Instructor: Hobby Hill Farm Fresh, LLC

4H Extension Office, 101 S. West St

Register By: 2/26 #1613.0029

Sa 3/5 10:30a-12:30p \$40

ARTISAN BREAD BAKING BASICS

Ages 14-adult, 1day

Bread is a basic staple in most Americans' lives. Come join us to learn our techniques for artisan bread baking. We will use a Dutch Oven, Pizza Stone



and Baking Pans to create tasty loaf after tasty loaf in just minutes a day. Additionally, each person will receive a 6 qt. bread making vessel, and two bread making kits (flour, salt, yeast and some sourdough culture) to take home.

Instructor: Hobby Hill Farm Fresh, LLC

4H Extension Office, 101 S. West St

Register By: 2/26 #1613.0030

Sa 3/5 1:30p-3:30p \$45

DISCOUNT!!!

Register for Endless Pasta & Artisan Bread Baking (in the same transaction) and SAVE \$10!

DISCOUNT!!!

Register for both Cheese Making classes (in the same transaction) and SAVE \$10!

MOZZARELLA & RICOTTA CHEESEMAKING

Ages 12-adult, 1day

Summer is coming and what better way to rejoice than with fresh mozzarella & ricotta cheese? In this class you will discover how to make Mozzarella & Ricotta in 30 minutes or less. Participants will use dairy and store bought cow's milk in this class. Enjoy fresh cheese without preservatives or additives year round. Multiple samples will be made during class for you to try.

Instructor: Hobby Hill Farm Fresh, LLC

4H Extension Office, 101 S. West St

Register By: 3/25 #1613.0031

Sa 4/2 10:30a-12:30p \$40

SOFT CHEESE MAKING

Ages 14-adult, 1day

Looking to fresh alternatives for your foods? Have you made Mozzarella or Ricotta before? Then you're ready to try something new! These dairy based foods are so easy to make. Let Hobby Hill Farm Fresh, LLC show you how to make your favorite dairy products using fresh or store bought milk with just a few cultures. These foods take approximately 24 hours to make, we will show you the process from start to finish with examples of each stage of the process. **Learn to make sour cream, cream cheese, yogurt and buttermilk.** More cheeses will be discussed and you will have the opportunity to sample all products made and even take home a few. Bring a few small containers to take home your samples.

Instructor: Hobby Hill Farm Fresh, LLC

4H Extension Office, 101 S. West St

Register By: 3/25 #1613.0032

Sa 4/2 1:30p-3:30p \$50



[CulpeperRecreation](http://CulpeperRecreation.com)

Contact US! 540-727-3412

www.CulpeperRecreation.com

Parks@CulpeperCounty.gov



Winter Schedule

PAWS & HOOFS

JUST FOR FUN! DOG OBEDIENCE...

Is just what it sounds like...Fun! Whether your dog is 12weeks old or 12 years old it's never too early (or too late) to help them become the best companion that they can be. The time you spend with your dog helping them become man-nerly friends should always, and most im-portantly, be Fun. Instructor and Certified AKC and TDI evaluator, Betty Ann Howell, empha-sizes positive reinforcement through the use of praise, treats, and toys, and the importance of having fun with your dog. So sign up Fluffy or Fido and let's have some Fun! (If registering by mail, please note on form name, breed & age of dog)

Handlers can be ages 7yrs-adults; ages 7-15yrs must have an adult remain on site.

JUST FOR FUN:

S.T.A.R. PUPPY KINDERGARTEN

Ages: Puppies 3-12 months; 7 wks
Now that you've got that adorable bundle of fur, let's get started on the ABC's of puppy training, using positive reinforcement. We will focus on Attention, better Behavior, and Communica-tion through verbal & visual cues. S.T.A.R. stands for what your puppy needs - Socializa-tion, Training, Activity, and a Responsible own-er. In class you and your puppy will work on sitting, staying, coming, walking on a leash, and most importantly, having fun! The AKC S.T.A.R. Puppy is an exciting program designed to get dog owners and their puppies (up to 1 year old) off to a good start. Sign up early as space is limited. (more class details are online).

Instructor: Betty Ann Howell

Lenn Park Pavilion, 18063 Stevensburg Rd

Register By: 1/27 #1614.

Tu 5:30p-6:30p 2/2-3/15 \$95

JUST FOR FUN: BEGINNING MANNERS I

Ages: Dogs 5 months & up, 7 wks
Bring Fido or Fluffy out to this class where he/she will learn basic cues and enjoy socializing with other dogs. This class is for the dog just starting to learn or for the dog that knows a few cues but isn't quite ready for the Canine Good Citizen class yet. Cues that are focused on are: sit, come, down, stay, walking on a leash with-out pulling, and general good manners. Any dog, whether they're a 5 month puppy or a 15 year old senior can attend.

Instructor: Betty Ann Howell

Lenn Park Pavilion, 18063 Stevensburg Rd

Register by: 1/27 #1614.

Th 2/4-3/17 5:30-6:30p \$95

DOG OBEDIENCE DISCOUNTS

- Seniors - 55 & up - 10% discount
- Adopted Dogs - 20% discount
 - must provide copy of adoption contract (discount available in person only - will not be applied after registering)
- * Only one discount per dog per family.

ALL DOG OBEDIENCE CLASSES

Dog Handlers ages 7yrs-adults; ages 7-15yrs must be accompanied by an adult.

Please bring to class:

- A plain buckle / clip collar or harness
- 4ft or 6ft regular leash
- Small soft treats
- Bring dog's current vaccination record to first meeting.

If registering by mail, please note on form name, breed & age of dog.

JUST FOR FUN: BEGINNER NOVICE

Dogs Ages 6months +, 7wks

Prerequisite: Dogs MUST have a reliable Sit, Stay, Down, and Come.

The next offering in our new "Just for Fun" se-ries, come out and try Beginner Novice. This class will give you a fun introduction to the sport of Competition Obedience. So bring Fido or Fluffy out and let's have some fun.

Instructor: Betty Ann Howell

Lenn Park Pavilion, 18063 Stevensburg Rd

Register By: 2/2 #1614.

Sa 2/6-3/19 9:30a-10:30a \$95

AKC CANINE GOOD CITIZEN® & COMMUNITY CANINE®

Ages: Dogs 6 months & up; 7wks

Prerequisite: *Should have a good understanding of sit, down, stay, & come; STAR Puppy or Be-ginning Manners I is recommended.*

The next step in your goal of having a man-nerly dog is to help your dog earn its Ca-nine Good Citizen (CGC) certificate! The CGC program was started in 1989 by the American Kennel Club (AKC), and is a certification that is designed to reward dogs (mixed or pure-bred) who have good manners at home and in the community. Does your dog already have the CGC? The Advanced Canine Good Citizen - *Community Canine Certification* - (CGCA) will also be covered in this class. (Additional class details available online).

Instructor: Betty Ann Howell

Lenn Park Pavilion, 18063 Stevensburg Road

Register by: 2/2 #1614.

Sa 2/6-3/19 10:45a-11:45a \$95



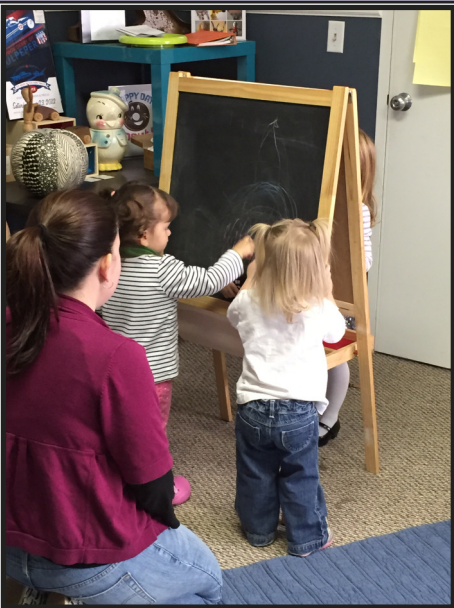
Registration is EASY!!!

see page 25 - 26

Winter Schedule



PRESCHOOL



ART JAM: MAKING MARKS

Ages 1-5, 4wks
Mr. Tony & Miss Kelly invite you to an art playdate! Children will get started "making marks" with jumbo crayons, and adults will learn ways to encourage children and make art fun for the whole family. Come play with us! Siblings get a \$2.00 discount – max of 2 kids per 1 adult. ***No Class Sat. 3/12**
Instructors: Kelly & Tony Rozwadowski
K Art & Design, 121 W. Locust St, Suite 105

F 10:30a-11:30a \$25
1/29-2/19 *Register By:* 1/25 #1615.0020
2/26-3/18 *Register By:* 2/22 #1615.0021
4/8-4/29 *Register By:* 4/4 #1615.0022

S 10:30a-11:30a \$25
1/30-2/20 *Register By:* 1/26 #1615.0023
2/27-3/26* *Register By:* 2/23 #1615.0024
4/9-4/30 *Register By:* 4/5 #1615.0025

MY FIRST DANCE

Ages 3-4 yrs, 5wks
This creative class will allow your young dancers to explore movement and music. Class will include warm-up, instruction in proper dance steps and terminology, and creative expression. Comfortable clothing and bare feet.
Instructor: Just Dance!
219 Southgate Shopping Center, enter behind shopping center
Register By: 1/19 #1615.0026
M 1/25-2/22 11:00a-11:30a \$40

BALLET/TAP COMBO

Ages 4.5-6, 5wks
If you have a budding ballerina or a tenacious tapper that wants to perfect their performance then this is the perfect class. Come and discover the fun of ballet & tap dancing in one class. Ballet & tap shoes are optional, not required.
Instructor: Just Dance!
219 Southgate Shopping Center, enter behind shopping center
Register By: 1/19 #1615.0027
M 1/25-2/22 11:30a-12:30p \$75

PRESCHOOL GYMNASTICS


Ages 3-4 yrs, 5wks
Your young gymnast will get to explore basic gymnastics skills, progressions, and terminology. Students will learn developmentally appropriate skills on the floor, bars, beam, vault and trampoline. Required clothing: leotard or tight fitting shorts/leggings and t-shirt for girls. Tight fitting shorts and t-shirt for boys.
Instructor: Woods Gymnastics
10955 Industrial Drive, Culpeper (at the Culpeper Sport & Racquet Club)
Register By: 1/19 #1615.0028
M 1/25-2/22 11:00a-11:45a \$60



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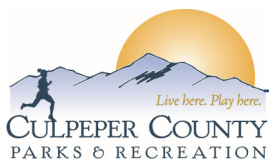
RHYTHM & STRINGS

BEGINNING GUITAR PART A

Ages 12-adult, 6wks
Have you always wanted to learn to play the guitar? Tried teaching yourself but still have difficulties? Then this is the class for you!!

This class will teach you basic strumming techniques and chords to get you started playing. Must have your own guitar; if using an electric guitar, must bring an amplifier. Sign up early as space is limited! **No Class 2/16**
Instructor: Darcy Canton
Floyd T. Binns M.S., Rm 101
Register By: 1/20 #1616.0010
Tu 1/26-3/8 6:45p-8:30p \$59

PLANNING THAT BIRTHDAY PARTY OR FAMILY REUNION?

Why not book the pavilion at Lenn Park? Lenn Park is an 80 - acre park near Stevensburg with a picnic pavilion that seats 60-80 outside and an additional 60 inside the Activity Room with heat & a/c and a warming Kitchen.
Or, how about Spilman Park in Amissville? This 29-acre park boasts a picnic shelter that will seat 60-80,
Both parks have charcoal grills, playground(s), and walking trails.
Visit www.CulpeperRecreation.com & click *Parks & Facilities* for more information.



Winter Schedule

SENIORS

SILVER CLUB

Ages 55+, weekly
There's never a dull moment with the Silver Club. The Club is for active adults 55yrs or better, and meets weekly at the Culpeper County Library. The Club is a great way to make new friends, get off the couch, spend time with current friends and learn new ways to have fun.

The Silver Club meets from 10:00a.m.-2:00p.m. on Wednesdays. We offer a dynamic guest speaker program that includes all sectors of life from health care, recreation, authors, artists, non-profits, senior organizations, historians, musicians, government, military and everything else in between.

Each meeting has a covered-dish lunch provided by our members--- so bring a dish to share.

Come join the fun and see why everyone in the community knows a member of the Silver Club!

Location: CCL – Meeting Room

Dues– Are collected in January:

\$10 per year Culpeper County Residents;

\$15 per year Non-Culpeper County Residents

Ages: 55 & up

Volunteer Coordinator: Marshall Conner

SPECIAL EVENTS

7TH ANNUAL WICKED BOTTOM
CROSS COUNTRY 5K & 1/2-MILE FUN RUN.

All Ages, 1 day
This Cross Country run starts from the lush grounds of Old House Vineyards. Passing the rows of vines and following the gravel road, runners will hop across Stevensburg Road and bound into one of Culpeper's little secrets – Lenn Park. The trail will wind along the border of the park property in view of Mountain Run Creek, then loop back, ending at the vineyards. The course is fairly level with only a few short hills and with luck, you may catch a glimpse of wildlife.

Awards will be provided to the first overall male and female finishers, and to 1st - 3rd place finishers in 11 different age groups.

Don't forget the kids! A 1/2-mile fun run through the vineyards will be held prior to the start of the 5K. Moms / Dads, want to run in the 5K? There will be kid-approved activities on site while you run, hosted by KidCentral.

The first 150 registered participants are guaranteed an event TECHNICAL t-shirt. So register early! (Those registered by 4/8 will get their desired sizes. Registrations after 4/8 are first come first served)

Saturday, May 7th

Registration: 6:30am

1/2 mile Kids Run Starts: 8:00am

5K Start: 8:15am

Door prizes start: 9:00am

Medal Presentation at: 9:15am

Fee: \$25.00 5K; \$10.00 1/2-mile

Pre-Registration deadline: 4/8

Event Location: Old House Vineyards,
18351 Corkys Lane, Culpeper VA 22701
(no dogs at event)



CulpeperRecreation

SPORTS

30+ CO-ED INDOOR SOCCER

Ages 30+,
Hey guys & gals, lets get rid of the winter blues with some indoor soccer. Get up off the couch and come play. 24 spaces are available, teams are made each week depending on the number of people that show up. Full payment is due BEFORE the first night of play.
Check online for details

MEN'S BASKETBALL

Ages 20-Adult, 6wks
Hey guys, come on out and have some fun playing basketball! This is a great way to get a bit of exercise and relieve some stress. Pre-registration is required. Registrations will not be accepted at the event. ***No games Mon. 2/15, 3/14; Tue 2/16.**

Yowell Elementary School - gymnasium

Register By: 1/26

20yrs& up	6:45p-8:45p	\$18
Tu	2/2-3/15*	#1519.0046
Th	2/4-3/10	#1519.0047

30yrs & up	6:45p-8:45p	\$18
M	2/1-3/21*	#1519.0048
W	2/3-3/9	#1519.0049



Registration is EASY!!!

see page 25 - 26

Winter Schedule



LITTLE TIGERS KARATE LEVEL I

Ages 6-11yrs, 4wks
This class is appropriate for students’ with little to no previous Karate experience. The Little Tigers will not only develop a solid foundation of karate basics, but also learn and practice self-control, self-discipline, and respect. Dress code: comfortable, no denim, Karate Gi (uniform) is encouraged but not required, class is done bare-footed. Bring a water bottle. ***No class 3/30**
Instructor: Remi Godlewski
Community Room, 303 N. Main
W 3:45p-4:45p \$35
3/9-4/6 *Register By:* 3/3 #1519.0039
4/20-5/11 *Register By:* 4/14 #1519.0040
5/25-6/15 *Register By:* 5/19 #1519.0041

LITTLE TIGERS KARATE LEVEL II

Ages 7-12yrs, 4wks
For the Little Tigers that have taken at least 4 sessions with Sensei Remi AND earned 2 yellow stripes. In this next level, students will refine skills already learned, while they continue to develop a solid foundation of karate basics. Level II students will have the opportunity to earn their tiger stripes; rank and color belts. They will also continue to learn and practice self-control, self-discipline, and respect. Karate Gi is required. ***No class 3/30**
Instructor: Remi Godlewski
W 5:00p-6:00p \$35
3/9-4/6 *Register By:* 3/3 #1519.0042
4/20-5/11 *Register By:* 4/14 #1519.0043
5/25-6/15 *Register By:* 5/19 #1519.0044



ADULT BASKETBALL LEAGUE

Get a team together and see if you can get the trophy!

Check online for details

TRIPS

Where would **YOU** like to see the Parks & Recreation Department organize a DAY trip to?

Please email us your suggestion to Parks@CulpeperCounty.gov,
Subject: Trip Idea

- Stipulations:
- No more than 3hrs drive time one way.
 - No more than 15hrs for a single day trip (example leave Culpeper at 5:00am; return to Culpeper no later than 10:00pm)

Please provide specific locations / address & webpage with your suggestion.

Where has the Parks & Recreation office gone before?

- Tangier Island, Reedville VA
- Potomac Eagle Train Trip, Romney WV
- National Zoo, Washington DC
- Christmas at Mt. Vernon, Mt Vernon VA
- Riverside Dinner Theater, Stafford VA
- National Cathedral & Flower Mart, Washington DC
- Baltimore Aquarium & the Inner Harbor, Baltimore MD
- Virginia Marine Science Museum & Whale Watching, Virginia Beach, VA
- Ringling Bros. Circus, Patriot Center Fairfax, VA



THE FUN TIMES REC. GUIDE

Below is a listing of non-profit recreational groups based in Culpeper County. These are not operated by the Parks and Recreation Department. For questions, contact the person listed.

YOUTH SPORTS:
Girls on the Run
540-724-1423 www.GOTRPiedmont.org
Culpeper Soccer Club – www.CulpeperSoccer.net
Culpeper Youth Baseball - Jon Strang - 540-937-6073
Rappahannock-Culpeper Baseball - www.rappculpbaseball.com
Culpeper Lacrosse Association Foundation - www.CulpeperLAX.com
Team Cobra Youth Wrestling www.Team-Cobra.com
Culpeper Football Association - James Terrell - 540-222-6727
Culpeper Football Assoc. Cheerleaders www.CFA4Kids.com
Culpeper Youth Basketball - Greg Ward - 540-547-9188
Culpeper Youth Rugby Club www.cyrfc.org
ADULT SPORTS:
Adult Soccer www.CulpeperSoccer.net
Adult Co-Ed Softball
Michelle Owens - mro3e@virginia.edu
Culpeper Women’s Flag Football
Facebook.com search cwffl
COMMUNITY:
Culpeper Model Barnstormers (RC airplanes)
Nic Burhans - npb6218@earthlink.net
Blue Ridge Chorale of Culpeper - www.brcsings.com
Culpeper Blue Angels All-Star Cheer & Dance
Kym Majors - 540-727-2087
Culpeper Karousel (batons)
Kim Bonner - 540-229-6819
Culpeper Run Club
Vivian Arenas triarenas@gmail.com
Verdun Adventure Bound
www.VerdunAdventureBound.org



An Update...

VOLUNTEERS AT LENN PARK

On Saturday, October 10, a group of volunteers from Piedmont Ward of the Church of Jesus Christ Latter Day Saints answered the call for help! Approximately 18 adults and youth gave up their day to help County staff construct a fence that would separate Lenn playground from the secondary and primary road systems at Lenn Park. The fence was built to deter children from leaving the playground and darting out into the roadways before parents can catch them.

"I got a phone call from a parent that has a child with autism. The parent said his child is quick and hard to catch and a fence would discourage the advancement", said John Barrett, Parks and Recreation Director.

Members of the Latter Day Saints provided tools, food and refreshments for members who attended. County staff provided the machinery, and all worked tirelessly until the job was completed. "Lenn Park is a real jewel. Our members are thankful that we had an opportunity to support such a wonderful community resource," commented Sam Pruett organizer of the Latter Day Saints volunteers.



TAX TIME IS A TIME OF GIVING

Tax season is right around the corner and it's time to think about all the ways you can save money through approved deductions and tax credits.

April may seem to be a dismal month for some taxpayers, while others embrace the month as an opportunity to give to their favorite charitable organization. One popular vehicle for making monetary gifts would be a local 501 (c) (3) non-profit entity. **The Culpeper Recreation Foundation, Inc.** is this type of organization and a good candidate for donations.

Created in 2002 the Foundation was established to improve the quality of life for Culpeper residents. *Through yearly fundraising efforts, the foundation has been instrumental in providing ball field safety improvements, needed equipment and revenue-producing facilities at the Culpeper Sports Complex for the youth athletic associations.* The Culpeper Recreation Foundation, Inc. can boast that 100% of funds obtained is invested directly back into the ever growing recreation needs of the community.

All monetary contributions of \$250 or more will be recognized at the Culpeper Sports Complex. For substantial gifts, naming opportunities are available. Getting some tax relief as a result of your generosity just makes giving feel a little bit better and it helps support your community.

The Foundation's next initiative is to build two playgrounds at the Complex to keep children occupied when their siblings are engaged in a sport activity.

CANINE COMPANIONS FOR INDEPENDENCE

Founded in 1975, Canine Companions for Independence (CCI) is a non-profit organization that enhances the lives of people with disabilities, by providing highly trained assistance dogs and on-going support to ensure quality partnerships.

CCI breeds Labrador retrievers, golden retrievers and a cross of the two to be assistance dogs. Volunteer breeder caretakers care for CCI breeder dogs and nurture newborn puppies for eight weeks. The pups spend the next 13-18 months with volunteer puppy raisers who care for and provide basic obedience training and socialization for the CCI puppies.

The dogs then spend six to nine months training with professional CCI instructors at one of five CCI regional training centers. There, the dogs learn over 40 specialized commands before completing Team Training where they are matched with an adult or child with a disability, enhancing independence and improving their quality of life.

CCI trains four types of assistance dogs. Service Dogs assist adults with disabilities by performing daily tasks. Hearing Dogs alert the deaf and hard of hearing to important sounds. Facility Dogs work with a professional in a visitation, education or healthcare setting. Skilled Companions enhance independence for children and adults with physical, cognitive and developmental disabilities.

For more information, please Google www.cci.org or contact local CCI graduate Nancy Lagasse at bshert07@gmail.com

Canine Companions for Independence: Life. Unleashed. Help is a four-legged word!



Registration Form

First Time Registering?
Please complete the ActiveNet Customer Account Form along with this registration form.

Now Accepted!!!
Visa
MasterCard
American Express
Discover

One household per registration form please. Photocopies of form are acceptable.

Account Main Contact Name: _____ Home Phone: (____) _____

Participant Name	Birth date	Activity Name	#	Date(s)	Time	Fee
Jane Doe	8/ 1 /1991	Sample Class	1610.0005	3/2-3/30/12	6-8p	\$5.00
	/ /					\$
	/ /					\$
	/ /					\$
	/ /					\$
	/ /					\$
Total (Pay this amount)						\$

Media Release: ☐ Yes ☐ No **Initial**_____ I understand that I may be photographed and/or videotaped while participating in this activity. I agree to allow Culpeper County Parks & Recreation Department to use said photographs and/or videotapes in Department publications, media campaigns, educational and/or safety purposes, but not for any profit-making activity. I further waive any remuneration for publishing and/or printing such photographs of me. I understand that by affixing my signature on this form that I attest to having read, fully understand and agree to the conditions as set forth above.

Assumption of Risk and Release: In agreeing to participate in the program, as an adult participant or as a parent or a guardian of a participant, I and/or the participant do hereby affirm that the general health of the participant is good, and that the participant is not adversely affected by exercise, and that the participant is capable of performing an activity of this nature.

In consideration of participating in this activity, I and/or the participant do hereby assume all risk of any injury to the participant and will indemnify and hold harmless, from any and all liability, action, cause of action, claims, and demands of every kind or nature whatsoever that I and/or the participant have or which arise from or in connection with my participation in this activity, the County of Culpeper, Virginia, the County Board of Supervisors, the Culpeper County Department of Parks and Recreation, the Culpeper County School Board, the Town of Culpeper, and all their officers, agents, employees, staff, volunteers and successors.

It is likewise assumed and agreed that the participant will, at his own expense, wear the proper clothing and protective equipment during the activity, and that it is the responsibility of the participant or parent or guardian to make sure the criteria are met. I grant my permission to the county or its agents to transport the participant to and from an event or activity when required and hold harmless those assigned to transport. I also agree to allow transportation of the participant to the nearest physician or hospital for medical treatment and agree to allow for immediate first aid to the injured participant, if and when deemed necessary.

Participant Signature (7yrs & older) _____ Parent / Guardian Signature (if participant 17 or younger) _____ Date _____

Customer Use - Payment Method

Check Payment Method: ☐ Check Enclosed \$ _____ # _____ ☐ Cash (Walk-in only)

Credit Card: ☐ Visa ☐ Mastercard ☐ American Express ☐ Discover

Number: _____ / _____ / _____ / _____ Exp. Date ____/____ CCV _____

Signature: _____

I agree to pay the above total amount according to card issuer agreement

Culpeper County Parks and Recreation, 155 W. Davis St., Suite 100 Culpeper, Virginia 22701
Phone: (540) 727-3412, Fax: (540) 727-2802 Website: www.CulpeperRecreation.com

ActiveNet Customer Account Form

Main contact must be at least 18 years old.
PRINT CLEARLY

Main Contact Client #1 (must be adult)

Name (First) _____
(Last) _____
Birth Date ____/____/____
Sex: ☐ M ☐ F
Street Address _____

City/State _____
Zip _____
Allergies: _____
Home Phone (____) _____
Work Phone (____) _____
Cell Phone (____) _____
E-mail address: _____

(required for confirmations & online registration)
Emergency Contact
Name: _____
Relationship: _____
Phone: (____) _____

Client #2

Name (First) _____
(Last) _____
Birth Date ____/____/____
Sex: ☐ M ☐ F
Allergies: _____
Same Address as Customer #1? ☐ Y ☐ N

Client #3

Name (First) _____
(Last) _____
Birth Date ____/____/____
Sex: ☐ M ☐ F
Allergies: _____
Same Address as Customer #1? ☐ Y ☐ N

Client #4

Name (First) _____
(Last) _____
Birth Date ____/____/____
Sex: ☐ M ☐ F
Allergies: _____
Same Address as Customer #1? ☐ Y ☐ N

If address is different from Main Contact, or more than 4 family members, please include an additional sheet of paper with correct information.

5 EASY WAYS TO REGISTER!



By Phone

- Call 540-727-3412 and select either extension 4 or 5. You can set up your ActiveNet Account and register for activities in one phone call. Payment must be made by credit card to register over the phone. ActiveNet customer accounts can also be set up via phone.



By Fax

- Simply complete the registration form (and "ActiveNet Customer Account Form" if not already done) and payment information (credit cards only) and fax to 540-727-2802.



Online

- Go to www.CulpeperRecreation.com, then click "To View Activities." Set up your ActiveNet customer account, and you can register from the convenience of your home or anywhere you have internet access.



Walk-In

- Registration will be accepted at the Parks and Recreation Office, at 155 W. Davis St. Suite 100 from 8:00 a.m. to 4:30 p.m., Monday through Friday (except holidays).
Cash /Check/ Credit Card



By Mail

- Set up your ActiveNet Account online or include the set up form on page 25 with a completed registration form and payment,
- Mail to **155 W. Davis Street, Suite 100, Culpeper, Virginia 22701.**
- Confirmations are done via email. Otherwise, please include a self-addressed, stamped envelope, if you **require** a confirmation.

REGISTRATION INFORMATION

ActiveNet

- ActiveNet is the recreation software the Department has to process registrations, provide online registration, and accept credit card payments.
- To begin using this system, each household must have an account set up in order to register for any Department activities. Please complete the "ActiveNet Customer Account Form" on page 25 and fax or mail it to the Department. You can also set up your account online. This form only has to be completed once.
- Registrations cannot be processed until the "ActiveNet Customer Account Form" has been received and processed by the Department, or you have set up your account online.
- If your address, phone number, or email changes, please be sure to log in and update your ActiveNet account or call us to update your information.

Registration:

- **Online registration begins on Friday, January 8, 2016.**
- **All other registration methods will begin on Monday, January 11, 2016.**
- Full payment must accompany registration in the form of credit card (Visa, Master Card, America Express, Discover), cash, check, or money order payable to Culpeper County Parks and Recreation.
- Registrations are accepted on a first-come, first-served basis. **Anyone can participate regardless of County of residence.**

Register By:

- The "Register By:" date is when the Department has to have the minimum number of registrations to offer the activity. If the minimum is met by this date, registrations will continue to be accepted, unless otherwise stated, until the activity is full. However, if minimum is not met by this date, the activity will not be held.

Refunds:

- If a participant needs to withdraw from a program, a full refund will be issued if the Parks and Recreation Department has been notified before the start of the second class.
- If a participant withdraws from a program after the start of the second class, then a pro-rated refund, less a \$3 processing fee, will be issued.
- Refunds for one-day activities and all bus/van trips will be given in full, prior to the registration deadline. After the registration deadline, refunds less a \$3 processing fee, are **only given** if a substitute(s) is found and that substitute(s) registers with the Department before the activity/trip date.
- If original payment was by cash or check, then a refund check is mailed to the address on file and it can take up to 45 days to be received.
- If payment was made by credit card, then refund will be processed to that same credit card.

Cancellation Policies:

- The Parks and Recreation Department reserves the right to cancel activities for any reason. Refunds are given for any canceled programs.
- The Parks and Recreation Department programs will be canceled when Culpeper County Public Schools cancel or close early for inclement weather, natural disasters or other occurrences.
- Closing announcements will be posted on: 92.5FM, 103.1FM, & 104.5FM, www.cancellations.com, www.Facebook.com/CulpeperRecreation or at 540-727-3412 and select option 1.

Adjustments

- Department staff has made every effort to prepare this section of ***The Culpeper Minutes*** as accurately as possible, however, errors can occur. Circumstances may require that adjustments be made to programs, fees, schedules, etc. The Department reserves the right to make any needed adjustments.